



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**SUMMER
CAMP
GUIDE
INSIDE**

ACHIEVING GOALS TOGETHER

2018 SPRING / SUMMER PROGRAM GUIDE

SPRING: APR 23 - JUN 10 • SUMMER 1: JUN 11 - JUL 15 • SUMMER 2: JUL 16 - AUG 19



TRI-CITIES FAMILY YMCA

TRI-CITIES FAMILY YMCA
 1 Y Drive • Grand Haven, MI 49417
 616.842.7051 | www.tcfymca.org

HOURS OF OPERATION

BUILDING HOURS THROUGH MAY 28

Mon - Thurs: 5:00 AM - 9:30 PM
 Friday: 5:00 AM - 9:00 PM
 Saturday: 7:00 AM - 6:00 PM
 Sunday: 12:00 PM - 5:00 PM

SUMMER HOURS STARTING MAY 29

Mon - Thurs: 5:00 AM - 9:00 PM
 Friday: 5:00 AM - 8:00 PM
 Sat / Sun: 7:00 AM - 12:00 PM

2018 HOLIDAY SCHEDULE

Memorial Day: May 28 Closed
 Independence Day: July 4 Closed
 Labor Day: September 3 Closed



**WELCOME TO THE Y
 WELCOME TO A BETTER YOU!**

When you're part of the Tri-Cities Family YMCA, you're a member of a community that's committed every day to helping you and your family through programs focused on:

YOUTH DEVELOPMENT: All kids deserve the opportunity to discover who they are and what they can achieve, under the guidance of caring adults who believe in their potential.

HEALTHY LIVING: We help people and families build and maintain healthy habits for spirit, mind and body in their everyday lives.

SOCIAL RESPONSIBILITY: With our doors open to all, we bring together people from all backgrounds, and support those who need us most. Our members, volunteers, supporters and staff demonstrate the power of what we can achieve.

OUR MISSION: The Tri-Cities Family YMCA strives to put Christian principles into practice through programs that build a healthy spirit, mind and body for all.

MEMBERSHIP BENEFITS

- FREE Kids' World & ACE Place*
- FREE Group Fitness Classes
- FREE Equipment Orientation
- FREE Jump Start Program
- FREE Jungle Gym
- National Membership
- Reduced Program Fees
- CrossFit Program
- 25 meter Pool
- HD Cardio Theater
- Weightroom & Racquetball
- FREE Towel Service

*Family & Parent/Child Memberships

MEMBERSHIP TYPES

- Youth: Ages 0-18
- Young Adult: Ages 19-23
- Adult: Ages 24-64
- Family: Two adults over age 22 & any dependents through age 23*
- Couple: Two adults *
- Parent/Child: One adult & one child*
- Senior: One adult age 65 +
- Senior Couple: Two adults in which one spouse is 65 + *

*Members must be immediate family, live in same household, and be listed as dependents on IRS 1040. Visit our website or call Welcome Center for current membership rates.

FINANCIAL ASSISTANCE

The Y's Community Pricing Program ensures that membership and programs are available to everyone in our service area regardless of their financial situation. This program is supported by contributions to our Annual Campaign, grants from local funders and direct donations. Applications available at our Welcome Center or on our website.

REGISTRATION INFORMATION

SPRING

APR 23 - JUN 10, 2018
 7 WEEKS

REGISTRATION DATES

MEMBERS: APR 2
 NONMEMBERS: APR 4

SUMMER 2

JUL 16 - AUG 19, 2018
 5 WEEKS

REGISTRATION DATES

MEMBERS: JUN 25
 NONMEMBERS: JUN 27

YOU CAN REGISTER:

IN HOUSE @ The Welcome Center
BY PHONE @ 616.842.7051
ONLINE @ www.tcfymca.org

You will need to obtain a password from the Y to register online.

SUMMER 1

JUN 11 - JUL 15, 2018
 5 WEEKS

REGISTRATION DATES

MEMBERS: MAY 21
 NONMEMBERS: MAY 23

SUMMER CAMP

JUN 11 - AUG 24, 2018
 11 WEEKS

REGISTRATION DATES

MEMBERS: APR 2
 NONMEMBERS: APR 4

Summer Camp information begins on page 20

WHAT YOU CAN DO AT THE Y

... A Place for Everyone

At the Y, we want people of all ages to enjoy an active, healthy lifestyle. Use our program guide to find out what FUN events and activities you and your entire family can take advantage of at the Y!



If I Am 3 Months Old I CAN...

- Enjoy playtime in Kids' World while parent/guardian is in the facility
- Enroll in Swim Starters parent/infant swim classes
- Take Parent/Tot classes with an adult
- Swim with mom, dad or an adult guardian in the pool

If I Am 2-5 Years Old I CAN...

- Play in Kids' World or ACE Place while parent/guardian is in the facility
- Enroll in Learning Tree Preschool
- Swim with mom, dad or an adult guardian in the pool
- Play Sports at the Y
- Have a Y birthday party
- Take Gymnastics classes
- Take Swimming lessons
- Go to Jungle Gym with parent/guardian

If I Am 6-10 Years Old I CAN...

- Swim with mom, dad or an adult guardian in the pool
- Enjoy playtime in ACE Place or Kids' World while parent/guardian is in the facility
- Hang out at the Y and play games or meet with friends with adult supervision
- Participate in afterschool sports and wellness programs
- Play on a Youth Basketball Team
- Join the Guardians Swim Team
- Participate in Youth Sports, Gymnastics or Day Camp during the summer
- Have a Y birthday party
- Attend Y Family & Community events
- Attend Summer Camp

If I Am A TEEN I CAN...

- Enjoy the Y without a parent or guardian with either a Youth or Family Membership
- Work out in the fitness center without a parent (some restrictions apply)
- Go to TAC after school
- Participate in Group Fitness classes (some restrictions apply)
- Play Basketball or Racquetball
- Play Sports at the Y
- Join the Guardians Swim Team
- Enroll in swim lessons
- Learn how to become a Lifeguard
- Attend Summer Camp
- Enroll in Babysitter Training
- Become a Y volunteer to earn service hours

If I Am An ADULT I CAN...

- Go for a swim
- Participate in any Group Fitness class, including HIIT, yoga, water fitness & more
- Enjoy a Parent/Tot class
- Work out in the Cardio Theater & Weight Room
- Join CrossFit
- Work with a Personal Trainer
- Attend community activities and special events
- Play basketball in the gym
- Get certified in CPR or First Aid
- Attend FREE Lectures and Wellness Seminars
- Join a committee, the Y Board or help out with fundraising
- Play a game of Racquetball
- Bring a guest for a FREE visit (limit 3 per year)

If I Am An Active Older ADULT I CAN...

- Go for a swim or participate in Water Fitness classes
- Work with a Personal Trainer
- Learn to swim
- Work out in the Cardio Theater & Weight Room
- Attend Enhance Fitness
- Take a Group Fitness class
- Attend FREE Lectures and Wellness Seminars
- Join a Committee, the Y Board or help out with fundraising
- Have a snack in the lobby with new friends
- Volunteer at the Y
- Bring a guest for a FREE visit (limit 3 per year)

My FAMILY CAN...

- Shoot hoops or bounce the ball in the gym
- Celebrate a family birthday
- Walk or jog together
- Enjoy swimming with friends
- Attend family friendly activities and special events
- Volunteer as a family at the Y or a special event

FUN FRIDAY NIGHTS!

POPCORN AND MOVIE NIGHTS

AGES 3-10 YEARS

THIRD FRIDAY OF THE MONTH, APRIL - MAY

Drop off the kids and enjoy an evening out! Your child will enjoy dinner, ACE Place fun, games, popcorn and a movie under the supervision of our dedicated and trained staff.

5:30 PM - 8:30 PM

MEMBERS: \$12

NONMEMBERS: \$17

SIBLING DISCOUNT: \$5 off with each full paying sibling

Registration required by Thursday prior.

Children must be potty trained.

MOVIE LINEUP:

APR 20 Cars 3
MAY 18 Inside Out

Movies are subject to change. Confirm movie selection when registering.



KIDS NIGHT OUT

AGES 3-12 YEARS

Drop your kids off for an evening of fun at the YMCA! The kids will enjoy a busy night at the Y while parents get a much needed date night! The evening will be filled with fun activities including a pizza party, bounce house, obstacle courses, crafts, games, gymnastics, glow stick dance party & LOTS MORE!

5:30 PM - 8:30 PM

APR 13 / MAY 4

MEMBERS: \$17 **NONMEMBERS:** \$22

SIBLINGS: 1/2 price

Registration required by Thursday prior.

Children must be potty trained.

THE Y ...
BUILDING
HAPPIER
HEALTHIER
KIDS



SPRING BREAK FUN CAMPS

AGES 4-13 YEARS

When school is out the YMCA is in! Join us for indoor and outdoor adventures, gym time, arts and crafts and tons of fun! Campers will have daily swim time and opportunities to make new friends while staying healthy, active and engaged! Daily snack provided. Please pack a lunch, water bottle, indoor & outdoor clothes, and suit & towel each day.

MONDAY - FRIDAY, APRIL 2-6

9:00 AM - 4:00 PM

FREE Extended care available:

7:00 AM - 9:00 AM

4:00 PM - 6:00 PM

FULL SESSION:

MEMBERS: \$145

NONMEMBERS: \$175

DAILY COST:

MEMBERS: \$40/day

NONMEMBERS: \$50/day

Kleiver Innovations

KICK-OFF TO SUMMER RUN

Saturday, May 26, 2018

5K Run/Walk
1 Mile Family Fun Run/Walk
Tot Trot Obstacle Course
Timed chip start and finish
Awards Ceremony



COAST GUARD FESTIVAL RUN

Saturday, July 28, 2018

10K Run
5K Run/Walk
1 Mile Family Fun Run/Walk
Tot Trot Obstacle Course
Timed chip start and finish
Awards Ceremony



REGISTER FOR BOTH RACES AT WWW.TCFYMCA.ORG

VOLUNTEER OPPORTUNITY!

Enthusiastic volunteers are needed to help make our race events a success! Responsibilities include setting up signage on the race route, setting up refreshment tables, helping with registration, passing out t-shirts and water, and cheering on the course! If you would like to volunteer, please email: erica.phelps@tcfymca.org

THE WHY AND HOW OF MYOFASCIAL RELEASE

NEW!

Fascia is everywhere throughout the body. Fascia can become tight and lead to pain or limited range of motion. Applying gentle pressure and heat in thoughtful ways can relieve this and eliminate what you may perceive as knots in your muscles. Kim Hirai, Board Certified and Licensed Massage Therapist, will educate and guide you in designing your own unique myofascial release program.

SUNDAY, APRIL 22

1:00 PM - 2:30 PM

MEMBERS: \$12 **NONMEMBERS:** \$20

Please register by Wednesday, April 18.

CORE RESTORE

NEW!

Feeling like there's a 'gap' in your core training... literally?

Join sports medicine and women's health physical therapist Renee Przystas, DPT, for a workshop on all the 'good stuff' surrounding diastasis recti (abdominal separation which occurs during pregnancy). In this intimate setting, we will focus on all topics of diastasis recti and cultivate a strategy on how to teach your body to work with you, not against you.

WEDNESDAY, MAY 16

10:30 AM - 12:00 PM

MEMBERS: \$12 **NONMEMBERS:** \$20

Please register by Friday, May 11.

2018 GRAND HAVEN TRIATHLON

Sunday, July 8th

Sprint Distance Triathlon
Olympic Distance Triathlon
Sprint Distance Duathlon

www.grandhaventri.com



FUN FOR THE WHOLE FAMILY



CHILDCARE PROGRAMS

KIDS' WORLD: DROP-IN CHILDCARE FOR KIDS AGES 3 MONTHS - 10 YEARS OLD

The Y is here to help you achieve balance in your busy lifestyle. We'll watch your children play while you work out! Our Kids' World services are provided for parents while attending classes, using the Y for fitness, or participating in recreational activities **WITHIN THE FACILITY**. Our goal is to provide a safe, enriching, and fun environment for your children.

Children play under the supervision of caring, trained YMCA staff. We will care for your child in Kids' World for up to a **MAXIMUM OF TWO HOURS** per visit.

HOURS	MON - THURS	FRI	SAT	SUN	FAMILY OR PARENT/CHILD MEMBERSHIP	ALL OTHER MEMBERSHIPS	NONMEMBERS
SPRING	8:15 AM - 8:00 PM	8:15 AM - 3:30 PM <i>NO EVENING HOURS</i>	8:15 AM - 12:30 PM <i>NO EVENING HOURS</i>	12:30 PM - 3:30 PM	FREE	\$5/VISIT/CHILD OR \$20/MONTH/CHILD OR \$150/YEAR/CHILD	\$6/VISIT/CHILD
SUMMER BEGINS MAY 29	8:15 AM - 1:30 PM 4:30 PM - 7:45 PM	8:15 AM - 1:30 PM <i>NO EVENING HOURS</i>	8:15 AM - 12:00 PM	CLOSED			

ACE PLACE: THE ACTION CENTER FOR EXPLORATION FOR KIDS AGES 3 - 10 YEARS OLD

Allow your children to explore and discover while you are involved in Y activities **WITHIN THE FACILITY**. Children up to 10 years old have an adventure waiting for them on slides, tunnels, and much more. Parents are welcome to stay and play with their child at no charge or leave them well attended during our Supervised Drop-In times for children 3-10 years and potty trained.

HOURS	MON - THURS	FRI	SAT	SUN	FAMILY OR PARENT/CHILD MEMBERSHIP	ALL OTHER MEMBERSHIPS	NONMEMBERS
SPRING	9:00 AM - 11:30 AM 4:30 PM - 8:00 PM	9:00 AM - 11:30 AM 5:00 PM - 7:30 PM <i>NO EVENING HOURS 3RD FRIDAY OF APRIL & MAY</i>	8:30 AM - 3:30 PM	CLOSED	FREE	\$5/VISIT/CHILD OR \$20/MONTH/CHILD OR \$150/YEAR/CHILD	\$6/VISIT/CHILD
SUMMER BEGINS MAY 29	8:45 AM - 12:00 PM 4:30 PM - 7:45 PM	8:45 AM - 12:00 PM <i>NO EVENING HOURS</i>	CLOSED	CLOSED			

LICENSED CHILDCARE: PRESCHOOL AND SCHOOL AGE BEFORE & AFTER CHILDCARE

Whether you are looking for full or part-time care for your child or before and after school care, our fully licensed childcare program has the flexible scheduling you need for your family. Our childcare program offers an engaging environment where your child, ages 3-12 years, can learn and grow. We offer enriching creative hands-on activities, field trips, and the opportunity for your child to participate in other Y programming while in our care. **HARBOR TRANSIT FRIENDLY!**

REGISTRATION FEE: FREE for MEMBERS | \$25 per family for NONMEMBERS

AGE	MONDAY - FRIDAY	DAILY FEES	WEEKLY FULL DAY FEES
3-12 YEARS	7:00 AM - 6:00 PM	UP TO 4 HOURS MEMBERS: \$30 NONMEMBERS: \$35 OVER 4 HOURS MEMBERS: \$40 NONMEMBERS: \$45	MEMBERS: \$190 NONMEMBERS: \$215

LEARNING TREE PRESCHOOL



NOW AT TWO LOCATIONS!

REGISTRATION FOR 2018 - 2019 SCHOOL YEAR

The Learning Tree Preschool program provides a rich classroom environment where children are encouraged to discover and explore. Our curriculum helps children develop self-confidence and critical thinking skills. We are dedicated to providing children with the necessary tools to make choices and problem solve on their own.



TRI-CITIES FAMILY YMCA LOCATION



REGISTRATION IS NOW OPEN!

LEARNING TREE CLASSES	DAYS	TIMES
2 YR OLD PRESCHOOL	T/Th	9:30-11:30 AM
2/3 YR OLD PRESCHOOL <i>Great for older 2's or younger 3's</i>	M/W	9:15-11:45 AM
2/3 YR OLD PRESCHOOL <i>Great for older 2's or younger 3's</i>	M/W	12:15-2:45 PM
3 YR OLD PRESCHOOL <i>Must be potty trained</i>	T/Th	9:15-11:45 AM
3 YR OLD PRESCHOOL <i>Must be potty trained</i>	M/W/F	9:15-11:45 AM
3/4 YR OLD PRESCHOOL	T/Th/F	12:15-3:00 PM
MORNING PRE-K	M-Th	9:00-12:00 PM
GREAT START READINESS PROGRAM*	M-Th	12:15-3:15 PM
AFTERNOON PRE-K / YOUNG FIVES	M-F	12:15-3:15 PM
SPANISH PRESCHOOL	F	9:00-11:00 AM

Class offerings are subject to change. See preschool website for further information. Registration must be made in person, not available online.

*These materials were developed under a grant awarded by the Michigan Department of Education.

SPRING LAKE LEARNING TREE HOLMES ELEMENTARY LOCATION



REGISTRATION IS NOW OPEN!

LEARNING TREE CLASSES	DAYS	TIMES
HALF-DAY AM PRE-K	M/Th	9:00 - 12:00 PM
HALF-DAY PM PRE-K	M/Th	12:30 - 3:30 PM
FULL DAY PRE-K GREAT START READINESS PROGRAM*	M/Th	9:00 AM - 3:30 PM

Class offerings are subject to change. See preschool website for further information. Registration must be made in person, not available online.



PARENT / TOT CLASSES		MON	TUES	WED	THURS	FRI	CLASS LENGTH	MEMBER	NON MEMBER
ROLLIE POLIES Not just a "mommy & me" class! Invite mom, dad, grandparents or even a babysitter to the gym for lots of fun! We start with structured fun activities and end with supervised free play.									
WALKING TO 24 MONTHS	SPRING	9:30 AM		10:30 AM	5:30 PM	9:30 AM	40 MIN	\$35	\$65
	SUMMER				5:30 PM		40 MIN	\$30	\$50
18-36 MONTHS	SPRING		9:30 AM		4:30 PM	10:30 AM	45 MIN	\$35	\$65
	SUMMER				4:30 PM		45 MIN	\$30	\$50
2 & 3 YEARS OLD	SPRING	10:30 AM		4:30 PM	6:30 PM		45 MIN	\$35	\$65
	SUMMER		5:30 PM				45 MIN	\$30	\$50
2 & 3 YEARS OLD	SPRING		10:30 AM	5:30 PM	9:30 AM		45 MIN	\$35	\$65
	SUMMER		6:30 PM				45 MIN	\$30	\$50
2 & 3 YEARS OLD	SPRING			9:30 AM 6:30 PM	10:30 AM	11:30 AM	45 MIN	\$35	\$65
	SUMMER				6:30 PM		45 MIN	\$30	\$50

NINJA CLASSES

The YMCA has Ninja classes your kids will FLIP for! Ninjas will run, jump, roll & flip through obstacle courses & different challenges every week! Test your abilities to climb the rock wall, walk across the slack lines, swing on the ropes and flip over the mats all in our NINJA GYM!

		MON	TUES	WED	THURS	FRI	CLASS LENGTH	MEMBER	NON MEMBER	
NINJA TINY TOTS REQUIRE PARENT PARTICIPATION	12-24 MONTHS	SPRING	10:30 AM	9:30 AM	10:30 AM	9:30 AM	45 MIN	\$45	\$75	
		SUMMER		5:30 PM			45 MIN	\$35	\$55	
NINJA TOTS REQUIRE PARENT PARTICIPATION	2 & 3 YEAR OLDS	SPRING	11:30 AM	6:30 PM	10:30 AM	9:30 AM	10:30 AM	45 MIN	\$45	\$75
		SUMMER		6:30 PM			45 MIN	\$35	\$55	
LIL NINJAS CO-ED	3 & 4 YEAR OLDS	SPRING	9:30 AM	5:30 PM	3:30 PM	4:30 PM	11:30 AM	45 MIN	\$45	\$75
		SUMMER		6:30 PM	4:30 PM	5:30 PM		45 MIN	\$35	\$55
NINJA JR BOYS	5-7 YEARS OLD	SPRING	6:30 PM		4:30 PM	5:30 PM 6:30 PM		45 MIN	\$45	\$75
		SUMMER	6:30 PM	5:30 PM		4:30 PM		45 MIN	\$35	\$55
NINJA JR GIRLS	5-7 YEARS OLD	SPRING	5:30 PM	4:30 PM				45 MIN	\$45	\$75
		SUMMER	4:30 PM			6:30 PM		45 MIN	\$35	\$55
NINJA BOYS BEGINNER	8-11 YEARS OLD	SPRING	4:30 PM	7:30 PM	5:30 PM			45 MIN	\$45	\$75
		SUMMER	5:30 PM	7:30 PM				45 MIN	\$35	\$55
NINJA GIRLS BEGINNER	8-11 YEARS OLD	SPRING			6:30 PM	7:30 PM		45 MIN	\$45	\$75
		SUMMER			4:30 PM	7:30 PM		45 MIN	\$35	\$55
NINJA TEENS BEGINNER	12 & UP	SPRING	7:30 PM					45 MIN	\$45	\$75
		SUMMER	7:30 PM					45 MIN	\$35	\$55

JUNGLE GYM

WALKING - 6 YEARS W/CAREGIVER

Have a morning where you have the little ones and some free time but scheduled classes aren't for you? Come enjoy some Jungle Gym time that includes obstacle courses, bounce house, gymnastics equipment, and much more. Parents are required to stay and interact with your child/children. **ENDS JUNE 1ST - RESUMES IN SEPTEMBER**

Mondays, Wednesdays, & Thursdays 10:30 AM - 12:30 PM

MEMBERS: FREE NONMEMBERS: \$3 PER CHILD, \$5 PER FAMILY

PRESCHOOL GYMNASTICS

		MON	TUES	WED	THURS	FRI	CLASS LENGTH	MEMBER	NON MEMBER	
WIGGLY WORMS Does your child love to run, jump, climb, swing & bounce? If so, this is the perfect class for them! These classes are for the child who is ready to come into the gym and follow directions without parental assistance. Gymnastics skills will be introduced on all events through a variety of obstacle courses!	BEGINNER 3 YEAR OLDS	SPRING	4:30 PM 6:30 PM	9:30 AM 4:30 PM 5:30 PM	5:30 PM	6:30 PM	10:30 AM	45 MIN	\$42	\$72
		SUMMER		4:30 PM	6:30 PM	5:30 PM		45 MIN	\$30	\$50
CLIMBING CUBS This advanced 3's class is for those who have mastered the Wiggly Worm skills and have great listening skills. The main focus is starting to learn cartwheels, handstands, pullovers on bars & getting comfortable on high beam. Coach recommendation required to register.	ADVANCED 3 YEAR OLDS	SPRING	5:30 PM	10:30 AM 6:30 PM	6:30 PM	5:30 PM	9:30 AM	45 MIN	\$42	\$72
		SUMMER		5:30 PM	4:30 PM	6:30 PM		45 MIN	\$30	\$50
LEAPIN' LIZARDS This class is perfect for the beginner 4 year old. Skills on all gymnastics events will be introduced. Children will learn basic skills such as jumps and rolls, learn to swing and hang on the bar, and balance on the beam.	BEGINNER 4 YEAR OLDS	SPRING	4:30 PM	9:30 AM 5:30 PM	6:30 PM	4:30 PM	10:30 AM	45 MIN	\$42	\$72
		SUMMER		6:30 PM	5:30 PM	4:30 PM		45 MIN	\$30	\$50
FLIPPIN' FISH This advanced 4's class is for those who have mastered the beginner level skills. The main focus is cartwheels, handstands, pullovers on bars & high beam. Coach recommendation required to register.	ADVANCED 4 YEAR OLDS	SPRING	5:30 PM	10:30 AM 6:30 PM	4:30 PM	6:30 PM	9:30 AM	55 MIN	\$52	\$82
		SUMMER		5:30 PM	4:30 PM	6:30 PM		55 MIN	\$35	\$55
KRAZY KANGAROOS This class is perfect for the beginner 5 year old. Skills on all gymnastics events will be introduced. Children will learn basic skills such as jumps and rolls, learn to swing and hang on the bar, and balance on the beam.	BEGINNER 5 YEAR OLDS	SPRING	6:30 PM	9:30 AM 4:30 PM	5:30 PM	4:30 PM	10:30 AM	55 MIN	\$52	\$82
		SUMMER		6:30 PM	5:30 PM	4:30 PM		55 MIN	\$35	\$55
TUMBLING TIGERS This advanced 5's class is for those who have mastered the beginner level skills. The main focus is cartwheels, handstands, pullovers on bars & high beam. Coach recommendation required to register.	ADVANCED 5 YEAR OLDS	SPRING	5:30 PM	10:30 AM 6:30 PM	4:30 PM	5:30 PM	9:30 AM	55 MIN	\$52	\$82
		SUMMER		5:30 PM	4:30 PM	6:30 PM		55 MIN	\$35	\$55
JUMPIN JAGUARS This class allows "boys to be boys" while getting familiar with gymnastics. They will learn basic skills on all the boy's gymnastics equipment including pommel horse, floor, high bar, vault, rings and trampoline.	BEGINNING 4-5 YEAR OLDS	SPRING		5:30 PM			10:30 AM	45 MIN	\$42	\$72
		SUMMER		4:30 PM	6:30 PM			45 MIN	\$30	\$50

BUILDING A SOLID FOUNDATION

GIRLS GYMNASTICS AGES 6-15		MON	TUES	WED	THURS	CLASS LENGTH	MEMBER	NON MEMBER
BEGINNING GYMNASTICS 1 Designed for children who are at a beginner level. Children will work on rolls, cartwheels, bridges and handstands on floor. Bar work will consist of intro to front supports and casts. Beam will work on basic balance skills. Vaulting includes running techniques and spring board approach with proper body shape and safety on all equipment.	SPRING	4:30 PM 6:30 PM	4:30 PM 5:30 PM	5:30 PM 6:30 PM	4:30 PM 5:30 PM	55 MIN	\$52	\$82
	SUMMER	4:30 PM	5:30 PM	6:30 PM	5:30 PM	55 MIN	\$40	\$60
BEGINNING GYMNASTICS 2 This class is for those who have completed Beginning 1 and have teacher approval. Children will build on all Beginning 1 skills, increasing skill difficulty on all equipment. Requirements: must be able to walk on high beam without assistance, good concept of cartwheels, handstands, bridges, and front support on bars.	SPRING	5:30 PM 6:30 PM	5:30 PM 6:30 PM	5:30 PM 6:30 PM	4:30 PM 5:30 PM	55 MIN	\$52	\$82
	SUMMER	4:30 PM	5:30 PM	6:30 PM	5:30 PM	55 MIN	\$40	\$60
INTERMEDIATE GYMNASTICS 1 Gymnasts must have completed Beginning 2 and teacher approval. Continued skill difficulty and flexibility will be worked on all events. Requirements: pullover and concept of a back hip circle on bars, excellent cartwheel, handstand & bridge kickover on floor, and kneeling cartwheel to handstand dismount on beam.	SPRING	4:30 PM	5:30 PM 6:30 PM	4:30 PM 5:30 PM	5:30 PM 6:30 PM	55 MIN	\$52	\$82
	SUMMER	5:30 PM	6:30 PM	5:30 PM	4:30 PM	55 MIN	\$40	\$60
INTERMEDIATE GYMNASTICS 2 Must have completed Intermediate 1 and have teacher approval. We will focus on correct form and perfecting and advancing our skills. Requirements: round off and backbend on floor, cartwheel handstand dismount on beam, and pullover back hip circle on the bars.	SPRING	5:30 PM 7:30 PM	4:30 PM 6:30 PM	4:30 PM 5:30 PM	6:30 PM	55 MIN	\$52	\$82
	SUMMER	5:30 PM	6:30 PM	5:30 PM	4:30 PM	55 MIN	\$40	\$60
ADVANCED GYMNASTICS 1 Must have completed Intermediate Gymnastics 2 and have teacher approval. This advanced rec class is designed to work on complex skills and body positioning. Requirements: back walkover on the floor, back hip under shoot on bars, and a 3/4 handstand on the beam.	SPRING	6:30 PM		6:30 PM	6:30 PM	1.5 HR	\$70	\$100
	SUMMER	6:30 PM			6:30 PM	1.5 HR	\$55	\$75
ADVANCED GYMNASTICS 2 Must have completed Advanced Gymnastics 1 and have teacher approval. This is our most advanced rec class which is designed to work on more complex skills and perfecting body positions. Requirements: back handspring on tumble track, squat on bars and handstand on beam.	SPRING	6:30 PM				1.5 HR	\$70	\$100
	SUMMER	6:30 PM				1.5 HR	\$55	\$75

BOYS GYMNASTICS AGES 6-12		MON	TUES	WED	THURS	CLASS LENGTH	MEMBER	NON MEMBER
The Tri-Cities Family YMCA Boy's Gymnastics program focuses on building strength, increasing flexibility and improving coordination. The jumping, running, rolling, conditioning and flexibility learned in gymnastics are the foundational skills of many sports. Boys will be trained on floor, pommel horse, high bar, vault, rings, and trampoline. New skills will be taught at each level progressing as they move up!								
BEGINNING BOYS 1	SPRING	4:30 PM				55 MIN	\$52	\$82
	SUMMER		4:30 PM			55 MIN	\$40	\$60
BEGINNING BOYS 2	SPRING	5:30 PM				55 MIN	\$52	\$82
	SUMMER		5:30 PM			55 MIN	\$40	\$60
INTERMEDIATE BOYS 1	SPRING		6:30 PM			55 MIN	\$52	\$82
	SUMMER		6:30 PM			55 MIN	\$40	\$60
INTERMEDIATE BOYS 2	SPRING		7:30 PM			55 MIN	\$52	\$82
	SUMMER		6:30 PM			55 MIN	\$40	\$60

TUMBLING AGES 6-15		MON	TUES	WED	THURS	CLASS LENGTH	MEMBER	NON MEMBER
TUMBLING LEVEL 1 Our focus in Tumbling 1 will be on forward rolls, backward rolls, cartwheel & handstand drills and bridges. Strength building and body positioning will also be emphasized in this class.	SPRING		4:30 PM			55 MIN	\$52	\$82
	SUMMER		4:30 PM			55 MIN	\$40	\$60
TUMBLING LEVEL 2 Our focus in Tumbling 2 will be on forward straddle rolls, bwd. pike rolls, perfecting cartwheels, handstands and bridge kick overs, strength building and body positioning will also be emphasized in this class.	SPRING			4:30 PM		55 MIN	\$52	\$82
	SUMMER		5:30 PM			55 MIN	\$40	\$60
TUMBLING LEVEL 3 Building upon the basics we will work on one arm cartwheels, round offs, back bends, front limbers. Body strength and awareness are essential for the advancement of skills. Requirements to move to this class: solid cartwheel, handstand and bridge kick over.	SPRING				4:30 PM	55 MIN	\$52	\$82
	SUMMER		6:30 PM			55 MIN	\$40	\$60
TUMBLING LEVEL 4 Our focus in Tumbling 4 will be on back walkovers, front walkovers, back handspring drills & round off rebounds body strength and awareness are essential for the advancement of skills. Requirements to move to this class: cartwheel, handstand, round off, back bend kick-over & front limber.	SPRING				7:30 PM	55 MIN	\$52	\$82
	SUMMER				7:30 PM	55 MIN	\$40	\$60
TUMBLING LEVEL 5 Our focus in Tumbling 5 will be back handsprings, front handsprings, round off back handsprings, aerials, front & back tuck drills. Requirements to move to this class: solid cartwheel, handstand, round off & back walkover.	SPRING				7:30 PM	55 MIN	\$52	\$82
	SUMMER				7:30 PM	55 MIN	\$40	\$60

GYMNASTICS OPEN GYM AGES 5 YEARS & UP

Open Gym is an opportunity for gymnasts to work on new skills, routines, and just have some fun. Open Gym is non-structured time in the gym. Instructors are present to ensure safety and spotting opportunities are available upon request - just ask a coach and they will help you!

SATURDAYS
11:30 AM - 12:30 PM
Ends May 19

MEMBERS: \$5
NONMEMBERS: \$8

THE Y ALSO
OFFERS USAG
GYMNASTICS
XCEL TEAM



YOUTH SPORTS		MON	TUES	WED	THURS	FRI	CLASS LENGTH	MEMBER	NON MEMBER
SPORTS SAMPLER Basketball, soccer, t-ball, golf, kickball, volleyball, floor hockey, and gymnastics are just a few of the sports that will be introduced. Fun games and basic skills will be taught.	3-4 YRS OLD	SPRING	10:30 AM 4:30 PM			9:30 AM	45 MIN	\$35	\$65
		SUMMER	5:30 PM				45 MIN	\$30	\$50
	5-7 YRS OLD	SPRING	5:30 PM				45 MIN	\$35	\$65
		SUMMER	4:30 PM				45 MIN	\$30	\$50
SOCCER Basic soccer skills will be taught through fun games and drills. We will work on dribbling, shooting, passing and team work.	3-4 YRS OLD	SPRING	5:30 PM		4:30 PM		45 MIN	\$35	\$65
		SUMMER	4:30 PM		5:30 PM		45 MIN	\$30	\$50
	5-7 YRS OLD	SPRING	4:30 PM				45 MIN	\$35	\$65
		SUMMER	5:30 PM				45 MIN	\$30	\$50
ULTIMATE GAMES Dodge ball, four square, gaga pit, squirrel tag, ultimate frisbee and human hungry hippos are just a glimpse of the fun to be had in this class!	9-13 YRS OLD	SPRING		7:30 PM			45 MIN	\$35	\$65
T-BALL Beginner class designed to help kids with their hand/eye coordination, as well as build some fundamentals of the game.	4-6 YRS OLD	SPRING			5:30 PM		45 MIN	\$35	\$65
		SUMMER			4:30 PM		45 MIN	\$30	\$50
VOLLEYBALL Bump! Set! Spike! This class teaches the basics of volleyball through drills and scrimmages!		SPRING	7:45 PM				45 MIN	\$40	\$70
PRE-KARATE This class develops the skills necessary to prepare students for formal karate instruction. Using fun drills and activities your child will develop in focus, coordination, and control. High-energy exercises build core strength, muscle tone and balance. Students advance to Karate upon recommendation of the instructor.	4-5 YRS OLD	SPRING				10:30 AM	45 MIN	\$35	\$65
		SUMMER							
KARATE Learn the basic skills of The American Karate System (AKS) such as, hand and foot techniques, stances and forms. Develop physical conditioning and fundamental self defense while building the foundation for advancing in rank. Emphasis will be on listening skills, self-control, self discipline and respect for everyone.	6-12 YRS OLD	SPRING	6:45 PM	6:45 PM			1 HOUR	\$50	\$80
		SUMMER		6:45 PM			1 HOUR	\$40	\$65
	13 & UP YRS OLD	SPRING	6:45 PM	6:45 PM			1 HOUR	\$50	\$80
		SUMMER		6:45 PM			1 HOUR	\$40	\$65
ROCKWALL (BEGINNERS) Reach for the peak on your way to developing skills in knot tying, bouldering and top rope climbing on our indoor rock wall. Learn to overcome fear, accept responsibility, and practice decision making. It's a combination of life skills and adventure!	3-4 YRS OLD	SPRING	9:30 AM				45 MIN	\$40	\$70

YOUTH FITNESS POLICY

Safety is our number one priority. These age guidelines will help to ensure your family's safety while having fun at the YMCA.

AGES 3 MONTHS – 9 YRS

Children 3 months - 9 years old are able to use the pool, gym and racquetball court with direct parent/guardian supervision. Closely supervise your child while in the facility, unless enrolled in a program, class or childcare.

AGE 10

Youth age 10 and up may use the gym and racquetball court without direct adult supervision. Although direct supervision is not required, a parent/guardian must be present in the Y building with their 10 year old. Youth ages 10 and older must pass a swim test in order to be in the pool without parent/guardian supervision.

AGES 11-12 (7th Grade Membership Initiative)

Youth ages 11-12 must complete an Equipment Orientation with a parent/guardian and pass the Teen Strength Training Test before being allowed to use the cardio and weight rooms. After the Equipment Orientation is complete, they can use the appropriate cardio and machine weights without supervision and participate in non-equipment based fitness classes.

AGES 13-15

Youth ages 13-15 must complete an Equipment Orientation and pass the Teen Strength Training Test before being allowed to use the cardio and weight room without supervision. Welcome to participate in fitness classes, excluding Indoor Cycling.

AGES 16+

Youth ages 16 and up have full facility access including cardio and weight room. We do recommend & encourage completion of an Equipment Orientation. They may participate in all fitness classes.

BABYSITTER'S TRAINING

AGES 11 & UP

In class, you learn how to:

- Respond to emergencies with First Aid, rescue breathing and more
- Make good decisions under pressure
- Communicate effectively with parents
- Recognize safety and hygiene issues
- Manage young children
- Feed, diaper and care for infants
- Start your babysitting business

In addition, receive hands-on skills practice and additional training in first aid. Attendees will receive First Aid / CPR / AED 2-year certification.

JUN 22 Friday from 8:00 AM - 2:00 PM
JUL 20 Friday from 8:00 AM - 2:00 PM
AUG 10 Friday from 8:00 AM - 2:00 PM

This is a one-day course, please bring a lunch. Pre-registration required / space limited.

MEMBERS: \$100 NONMEMBERS: \$130



HEALTHY HABITS AT ANY AGE



SPRING YOUTH BASKETBALL CO-ED LEAGUE

YOUNG 5'S - 8TH GRADE

All age divisions will start the night with practice and end the night with a scrimmage. **APRIL 16 - MAY 25**

Young 5's-Kindergarten	WED	6:00 - 7:00 PM
1st -2nd Grades	MON	6:00 - 7:15 PM
3rd-4th Grades	TUE	6:30 - 7:45 PM
5th-8th Grades	THU	7:00 - 8:15 PM

MEMBERS: \$60 NONMEMBERS: \$80

REGISTRATION: MEMBERS: MAR 26 NONMEMBERS: MAR 28

SWIM LESSONS	MON	TUES	WED	THURS	SAT	CLASS LENGTH	MEMBER	NON MEMBER
	SWIMMING LESSON OPTIONS							
SPRING SESSION: Sign up for the spring session for lessons once a week for the 7 week session.								
SUMMER SESSIONS: Enroll in one of our Summer Sessions for lessons once a week for a 5 week session.								
SUMMER TWO WEEK SESSIONS: Your child will go through all of the lessons in a two week period and attend class each day, Monday - Thursday for a two week period. See dates below. Not offered to Swim Starter classes. Registration dates same as Spring session. Session 1: JUN 18-29 Session 2: JUL 2-13 Session 3: JUL 16-27 Session 4: JUL 30-AUG 10 Session 5: AUG 13-24								
SWIM STARTERS - AGES 6-36 MONTHS								
A / WATER DISCOVERY Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration, encouraging them to enjoy themselves while learning about the water.	SPRING: ONCE A WEEK FOR 7 WEEKS							
	5:45 PM	9:30 AM	5:45 PM	9:30 AM	10:30 AM	30 MIN	\$45	\$70
B / WATER EXPLORATION Parents accompany children in stage B, which introduces infants and toddlers to the aquatic environment through exploration, encouraging them to enjoy themselves while learning about the water.	SUMMER 1 & 2: ONCE A WEEK FOR 5 WEEKS							
	9:30 AM 5:30 PM		9:30 AM 5:30 PM			30 MIN	\$40	\$65
SWIM BASICS - AGES 2 1/2 THRU KINDERGARTEN								
1 / WATER ACCLIMATION Students develop comfort with underwater exploration and learn to safely enter and exit the water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming.	SPRING: ONCE A WEEK FOR 7 WEEKS							
	10:30 AM 5:45 PM	10:00 AM 10:45 AM 5:45 PM	5:45 PM	10:00 AM 10:45 AM 5:45 PM	10:30 AM	45 MIN	\$57	\$77
2 / WATER MOVEMENT In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit a body of water.	SUMMER 1 & 2: ONCE A WEEK FOR 5 WEEKS							
	5:30 PM	5:30 PM	5:30 PM	5:30 PM		45 MIN	\$47	\$67
3 / WATER STAMINA In stage 3, students learn how to swim a longer distance than in previous stages. This stage also introduces rhythmic breathing and integrated arm and leg action.	TWO WEEK SESSIONS: MON-THURS EVERYDAY							
	10:00 AM	10:00 AM	10:00 AM	10:00 AM		45 MIN	\$57	\$77
SWIM STROKES - 1ST THRU 8TH GRADE								
4 / STROKE INTRODUCTION Students in stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.	SPRING: ONCE A WEEK FOR 7 WEEKS							
	6:30 PM	6:30 PM	6:30 PM	6:30 PM	11:15 AM	45 MIN	\$57	\$77
5 / STROKE DEVELOPMENT Students in stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.	SUMMER 1 & 2: ONCE A WEEK FOR 5 WEEKS							
	6:15 PM	6:15 PM	6:15 PM	6:15 PM		45 MIN	\$47	\$67
6 / STROKE MECHANICS In stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.	TWO WEEK SESSIONS: MON-THURS EVERYDAY							
	10:45 AM	10:45 AM	10:45 AM	10:45 AM		45 MIN	\$57	\$77
PRIVATE LESSONS AVAILABLE Contact Cheri Krawczyk at cheri.krawczyk@tcfymca.org for availability and pricing								

TRI-CITIES GUARDIANS SWIM TEAM

The Tri-Cities Guardians swim team is a collaborative program of the Tri-Cities Family YMCA and Spring Lake Community Fitness & Aquatic Center serving Grand Haven/Spring Lake and surrounding communities for youth ages 7 through high school. The goal of the Guardians Swim team is to give swimmers of all levels (beginners to national-caliber athletes) an opportunity to grow and achieve personal excellence in swimming. The Swim team has 5 different groups that swimmers are assigned to based on ability, age, maturity and goals. The Guardians swim team promotes the values of honesty, caring, responsibility and respect for the program, coaches, parents, other teams and teammates.

SEE WEBSITE FOR REGISTRATION DATES
For questions, please contact Head Coach Brandon Muma at brandon.muma@tcfymca.org



AMERICAN RED CROSS LIFEGUARD TRAINING CLASS

Prerequisites: students must be at least 15 years old, able to swim 300 yds continuously, tread water for 2 minutes (legs only), surface dive 10 foot depth and carry a 10lb. weight 20yds. Upon completion of the course, written and practical tests, participants will be certified in the following:

- Lifeguard Training (2 year certification)
- First Aid (2 year certification)
- CPR for the Pro Rescuer (2 year certification)

Class times are subject to change dependent upon class size and abilities of participants. Please pack a lunch.

Must attend ALL days to pass.

MAY 18 5:30 PM - 8:30 PM
MAY 19 & 20 8:00 AM - 5:30 PM

MEMBERS: \$150 NONMEMBERS: \$200
PLEASE REGISTER 1 WEEK PRIOR TO CLASS



GROUP FITNESS CLASSES

Our fitness classes are designed to challenge the body through all planes of motion for a well-rounded workout. We offer over 50 group exercise classes weekly. With this variety, you are sure to find something to fit your schedule and fitness level. Our energetic and inspiring instructors are ready to motivate you to be your best.

Classes include: HIIT (High Intensity Interval Training), Strength Fusion, Indoor Cycling, Yoga, Zumba and more. Class offerings vary each session. Visit our website to view the fitness calendar. www.tcfymca.org

CLASSES ARE **FREE** TO MEMBERS

ARE GROUP FITNESS CLASSES FOR ME?

GROUP FITNESS IS PERFECT FOR...

- ✓ Someone who is new to exercise or has not exercised in a long time.
- ✓ Individuals that are unsure of where to begin with exercise.
- ✓ Infrequent exercisers that want a well-rounded workout.
- ✓ People with busy schedules that need a full body, time-efficient workout.
- ✓ The experienced exerciser that wants to be challenged.

NEW TO GROUP FITNESS?

HERE ARE A FEW TIPS TO HELP YOU GET STARTED

- ✓ Arrive early and introduce yourself to the instructor
- ✓ Don't be afraid to ask questions
- ✓ If something doesn't feel quite right, ask for help—there's always a modified exercise option!

GROUP FITNESS CLASSES ARE FREE FOR Y MEMBERS



WOMEN, WEIGHT & AGE

Age-related hormonal, metabolic, and muscular changes can start as early as 35 for women. Failing to recognize and tackle this can lead to weight gain. The good news is a few simple changes in eating patterns and workout routines can delay these changes from happening. Erica Phelps, RD, YMCA Fitness and Wellness Director, will share practical, yet simple strategies to maintain weight as we age.

TUESDAY, JUNE 12 AT 6:30 PM

NEW!

MEMBERS: **FREE** NONMEMBERS: \$10

Please register by Friday, June 8.

BODY COMP

Get a clear picture of your body composition by completing a simple, painless body composition test with our fitness staff. Our InBody® scale measures body fat, lean tissue, total body water, basal metabolic rate and more. Use the results as a baseline and retest to check the effectiveness of your diet and workout plan.

MEMBERS:

\$15 single test or \$25 for 2 tests

NONMEMBERS:

\$30 single test



EQUIPMENT ORIENTATIONS

Every Member is given the opportunity to go through a **FREE** one-time orientation. Equipment orientations will help you learn proper weight lifting technique and how to use the cardio equipment. Orientations last about 45 minutes.



Appointment times and availability vary. Sign up at the Welcome Center.

PERSONAL TRAINING

Exercise is not ONE-SIZE-FITS-ALL. What works for one person may not work for another – that is why we offer Personal Training. Our trainers want to help you to achieve your personal goals, whether it's muscle gain, increased flexibility and strength, weight management, or just getting back on track.

Our certified trainers will help you get results with physical fitness plan customized for you. They'll encourage and motivate you along the way and help you gain the most benefit from your program, while making steady progress toward your goal.

Personal Training puts you on the right path for a successful, lifelong health and wellness journey.



Pre-payment and 24 hour cancellation notice required.

Note: Members may not provide their own trainers. Trainers must be employed by the YMCA.

MEMBERS:

One hour session \$46
Six sessions \$230

NONMEMBERS:

Additional \$10 guest fee per visit



Semi-Private Training sessions are also available if you would like to train with a friend or family member.



CrossFit is a challenging yet rewarding training program structured around the 10 components of fitness: strength, stamina, endurance, accuracy, power, agility, balance, speed, coordination and flexibility. All WODs (Workout of the Day) can be scaled and are appropriate for all fitness levels. CrossFit classes are conducted as group personal training and designed to allow for personalized instruction with the benefit of encouragement from other participants.

How does a beginner start?

We encourage individuals to join us for a Try It class (one per person); sign up by visiting the Welcome Center. Our certified coaches will assess your form & fitness level to determine if you can be integrated directly into classes or if you would benefit from 1:1 time with a coach first.

CrossFit pricing

Y Member cost is \$99 for the first month, \$60 per month thereafter via auto deduction. Couples or families with multiple individuals wishing to participate, \$60 for the first individual, \$55 for each additional member.

Daily Drop-in Rate for those with previous CrossFit experience: \$15 (depending upon availability)

CrossFit Personal Training

MEMBERS:

One hour session \$46
Six Sessions \$230

For more info contact Erica: erica.phelps@tcfymca.org



Class schedule can be found online at crossfitflight.com/grand-haven

HEALTHY AGING

While all ages are welcome in all group fitness classes, the Y does offer a variety of exercise and social opportunities specifically tailored to adults 55 and older. These include Water Works, Fitness For Life and Enhance Fitness®. Please see the online fitness schedule for current class times or pick up a copy at the Welcome Center.

Fitness classes are **FREE** to Members.

PEDALING FOR PARKINSON'S

Pedaling a bicycle may change the life of someone with Parkinson's Disease. Research conducted at the Cleveland Clinic showed a 35% reduction in symptoms by the simple act of pedaling a bicycle at a rapid pace. While fast pedaling is not a cure, evidence has shown that it can make a real difference.

Classes are held 3 times a week. Medical consent forms and more detailed information available at the Welcome Center.

Tuesday, Thursday, Friday 10:30 - 11:15 AM

MEMBERS AND NONMEMBERS: **FREE**



ENHANCE FITNESS®

This group exercise program helps older adults at all levels of fitness to become more active, energized, and able to maintain their independence. Each one hour class focuses on cardiovascular exercise, strength training, balance, and flexibility. All exercises can be done in or out of a chair. Enhance Fitness® is an evidence-based program proven to increase strength, boost activity levels, and elevate mood. Participant progress is tracked with fitness checks upon joining and again at the completion of the 16 week program.

Classes are Mon / Wed / Fri from 10:45 - 11:45 AM

Inquire at the Welcome Center for next session start dates

MEMBERS: **FREE** NONMEMBERS: \$60

ADULT SPORTS

NOON BASKETBALL (SPRING SESSION ONLY)

Drop into the YMCA and play a little basketball with colleagues and others who enjoy the game and the exercise!

Monday, Wednesday, Friday: 12:00 PM - 2:00 PM*
*Schedule subject to change based on programming needs

MEMBERS: **FREE** NONMEMBERS: \$5

INDOOR PICKLEBALL (SPRING SESSION ONLY)

This sport is a combination of tennis and ping pong; played on a badminton court with a plastic ball and wood paddles.

Tuesday & Thursday 12:00 PM - 2:00 PM*
*Schedule subject to change based on programming needs

MEMBERS: **FREE** NONMEMBERS: \$5

KARATE

Learn the basic skills of The American Karate System (AKS) such as, hand and foot techniques, stances and forms. Develop physical conditioning and fundamental self defense while building the foundation for advancing in rank.

SPRING SESSION

MEMBERS: \$50
NONMEMBERS: \$80
MON 6:45 - 7:45 PM*
WED 6:45 - 7:45 PM*

SUMMER SESSIONS

MEMBERS: \$40
NONMEMBERS: \$65
WED 6:45 - 7:45 PM

*\$20 additional to take classes both nights

ADULT SOCCER LEAGUE

Members and nonmembers are invited to participate in fun, but competitive league play! Recreational and competitive leagues available based upon registration. Games are played with a 7 vs. 7 format.

Session 1: June 19 - July 19 Session 2: July 24 - August 23

Each session is 5 weeks long.
Men play Tuesdays, women play on Thursdays

Cost: \$380 per session, per team and must be paid in full by the Friday before the start of each season so that the game schedules may be completed.



SOCIAL RESPONSIBILITY

GIVING BACK AND PROVIDING SUPPORT TO OUR NEIGHBORS

STRENGTHEN OUR COMMUNITY AS YOU STRENGTHEN YOURSELF

The generosity of others is at the core of the Y's existence as a nonprofit. It is only through the support of generous volunteers and public and private donors that we are able to support and give back to the communities we serve. In order for our Y to continue to strengthen the Tri-Cities community and impact lives in more meaningful ways, we need your help. Two ways you can help are by giving and volunteering.



Volunteer

Give of your time to help cultivate a community in which we all help one another. There are various types of volunteer opportunities:

- Youth Sports Coach
- Special Events & Projects
- Annual Campaign
- Committees



Give



Our Annual Campaign allows the Y to provide financial assistance to kids, families, seniors and adults in need so they can experience our programs and services. Some may need to learn to swim and can't afford it. Others may need a place to keep their family active. Y financial assistance lets them do that.



ASK
HOW YOU CAN
MAKE A
DIFFERENCE

BEST SUMMER EVER™



TRI-CITIES FAMILY YMCA 2018 SUMMER CAMP GUIDE

REGISTRATION BEGINS APRIL 2 FOR MEMBERS,
APRIL 4 FOR NONMEMBERS

FULL DAY CAMPS

The Tri-Cities Family YMCA's fully licensed and accredited Day Camp is much more than running around outdoors and going home tired - it is a chance for your child to discover new adventures, grow personally, and make new friends and memories. Each week of camp has its own "theme" and is packed with activities, crafts, games, music, water fun, sports, field trips and so much more! We utilize our wonderful local parks such as Mulligan's Hollow, Duncan Woods, the splash pad and of course, the beach! Water Safety is an important component of our Day Camp and lessons are included with the cost of camp. Indoor swim lessons along with free swim time is scheduled daily. Join us for one week or the whole summer!

WHAT PARENTS NEED TO KNOW

FULL DAY CAMP HOURS

Monday - Friday 9:00 AM - 4:00 PM

FREE EXTENDED CARE FOR FULL DAY CAMPERS

Pre-camp: 7:00 - 9:00 AM

Post-camp: 4:00 - 6:00 PM

COST

MEMBERS: \$145/week*

NONMEMBERS: \$175/week*

AGE GROUPS

Discovery Camp: Ages 4-5

Adventure Camp: Ages 6-7

Explorer Camp: Ages 8-10

Trailblazer Camp: Ages 11-13

PAYMENT INFORMATION

A \$30 **non-refundable/transferable** deposit is due at the time of camp and field trip registration. The remaining balance must be paid in full the **Wednesday** prior to camp start date. Payments may be scheduled for **AUTOMATIC DEDUCTION** upon request.

LATE FEES

Late registration may be processed up to 5:00 PM the Friday before the camp start date. Additional fee \$30.

CANCELLATIONS/REFUNDS

Cancellations must be made 7 days before the camp start date.
DEPOSITS ARE NON-REFUNDABLE/TRANSFERABLE.

HEALTH FORMS

When you register for camp, you will receive an email from CampDoc.com with information about how to complete your camper's health information. **Health forms must be submitted or updated annually in order for your child's camp enrollment to be complete.** Health forms must be submitted the Wednesday prior to the camp start date.

FIELD TRIP FEES*

Camps that offer a field trip may also require an additional registration and an additional fee to cover the field trip costs. Fees must be paid in full the Wednesday prior to camp start date. See weekly descriptions for pricing.

A TYPICAL DAY OF CAMP

7:00-9:00 AM FREE Extended Care / Pre-camp activities

9:00 **CAMP BEGINS: Opening Ceremonies**

10:00 Small group activities

12:00 Lunch

12:45 Small group activities

1:45 Daily swim instruction and FREE Swim

3:30 Closing Ceremonies

4:00 **CAMP DAY ENDS**

4:00-6:00 PM FREE Extended Care / Post-camp activities

WHAT TO BRING

Campers should bring a lunch, water bottle, closed toed shoes, swimsuit, towel and sunscreen every day. Healthy snack provided daily.

FINANCIAL ASSISTANCE*

Thanks to generous donations from individuals and our community partners, funds are available for families who may not be able to afford a day camp experience for their child. We encourage you to start the application process as soon as possible. Plan to have your application submitted at least two weeks in advance of the camp you would like your child to attend.



CAMP SAFETY & STAFF TRAINING

Camper safety is our #1 priority. Our staff are selected based on their expertise, background and their strong desire to work with children. They are motivated to provide your child a safe and fun camp experience. All staff undergo extensive summer camp training. We cover topics such as team building, character development, conflict resolution, emergency procedures, child abuse awareness and prevention, CPR, first aid and age appropriate activity planning. The Tri-Cities Family YMCA Day Camp is accredited by the American Camp Association (ACA).



WEEKLY CAMP THEMES

SECRETS AND SPIES

WEEK 1: JUNE 11-15

Calling all secret agents! It's your turn to join the ranks of Director Y's elite group of spies. Each day is filled with top secret briefings that will put your spy skills and street smarts to the test. You will develop disguises for cover, make and break codes, and create and use spy gadgets. Your camper will get a taste of what it's like to be a spy! This week will be highlighted with walking visits to our local museum.

ULTIMATE SURVIVOR

WEEK 2: JUNE 18-22

This week will be filled with excitement at every corner. Can your team survive? Participate in team building activities with the creation of team flags, scavenger hunts, noodle tag, ultimate Frisbee, tug of war, and color wars! This week will test your camper's limits from start to finish! Camp will be highlighted with a field trip to Ottawa County's **HEMLOCK CROSSING** Park where campers will put their outdoor survival skills to the test!

MYTHICAL CREATURES AND LEGENDS

WEEK 3: JUNE 25-29

Look out, this week will be filled with mythic proportions of FUN! Join us for dragon races, castle designing, elf tag and the hunt for Bigfoot! To add to the fun, Discover and Adventure Camps will be traveling to the **Grand Rapids Children's Museum** and the Explorer and Trailblazer camps will be heading to the Grand Rapids Public Museum (additional registration and \$40 field trip fee).

OUT OF THIS WORLD

WEEK 4: JULY 2-6 (NO CAMP JULY 4)

3, 2, 1...Blast off, travel out of this world, and explore the stars! Galactic adventures await your camper this week as we study the planets and galaxies far far away! One small step for your camper, one giant leap for the summer.

SPLASH INTO SUMMER

WEEK 5: JULY 9-13

Dive into a week of water fun! Come and enjoy a week of wild water activities, slip and slides, beach trips, squirt guns, super soakers, water balloons, and a fun field trip to **Michigan's Adventure Theme Park** for the Explorer and Trailblazer camps (additional registration and \$50 field trip fee). Discovery and Adventure campers will be exploring Ottawa County's **HEMLOCK CROSSING** Park's natural waterways this week.

Y-LYMPICS!

WEEK 6: JULY 16-20

Lace up your sneakers, put on your game face and get ready for a week of sports and staying strong! Whether it's relay races, obstacle courses, or Olympic Dodgeball, we have a week's worth of fun and games! Come prepared to exert yourself physically and mentally! A field trip for the Explorer and Trailblazer camps to Craig's Cruisers will also be part of the week (additional registration and \$50 field trip fee). Discovery and Adventure campers will take the Y-limpic games to Ottawa County's **HEMLOCK CROSSING** Park this week.

UNPLUG
AND DISCOVER
WHAT YOU CAN DO
THIS SUMMER
AT THE Y



BUILD A
HAPPIER,
HEALTHIER
SUMMER



EXTREME ENGINEERS

WEEK 10: AUGUST 13-17

Come to camp with your minds sharp and ready for invention! Campers will be presented with hands-on activities that encourage problem solving skills, teamwork, creativity, and innovation! Your camper's imagination will spark when challenged to design, build, and create this week! Camp will be highlighted with a field trip to Ottawa County's **HEMLOCK CROSSING** Park where campers will build and create in the great outdoors!

BEST OF THE BEST

WEEK 11: AUGUST 20-24

It's time to wrap up the summer with all our friends! Camp will be filled with the best games and activities from the best weeks! All campers will shine in each individual camp's mini talent shows. The week will be jam packed with karaoke, skits, classic games, and never ending fun. Let's go out with a bang!



TRY
SOMETHING
NEW THIS
SUMMER
AT THE Y



WELCOME TO THE JUNGLE

WEEK 7: JULY 23-27

It's a jungle out there! This week we'll learn all about our animal friends and their habitats. We'll be crawling, slithering, and galloping through a range of animal activities! As an added bonus, this camp is highlighted with a field trip to the **John Ball Zoo** for all camps to learn about animals from around the world (additional registration and \$40 field trip fee).

COAST GUARD ADVENTURE

WEEK 8: JULY 30-AUGUST 3

Join us as we celebrate our wonderful community and participate in fun activities and adventures that are a part of the Coast Guard Festivities. Salute the Coasties, tour vessels, and attend Coast Guard Kid's Day!

WACKY WATER WEEK

WEEK 9: AUGUST 6-10

Cool down in the summer heat with our wacky water fun! Come ready to get wet and enjoy swimming, water games, relays, water balloons and team competitions. This week the Explorer and Trailblazer camps will travel to **Michigan's Adventure Theme Park** (additional registration and \$50 field trip fee). Discovery and Adventure campers will continue their water fun with a field trip to Ottawa County's **NORTH BEACH** Park this week.

HALF-DAY CAMPS

For preschool aged children and kids who have special interests, we offer a wide variety of half-day camps. Campers can explore their interests with like-minded children and learn new skills in a safe and fun environment. The camps are listed in age appropriate groups and divided into two categories:

LEARNING TREE CAMPS

Skilled teachers provide an exciting and safe environment for your camper to develop their active imaginations through hands-on activities. All of our camps are specifically designed for children 2 to 5 years old and are filled with fun themed activities in arts and crafts, music, games, and so much more! Send your camper each day with a healthy snack and a big smile! If a half day of fun isn't enough, we offer extended care through our licensed childcare program (see page 6 of guide).

SPORTS & SPECIALTY CAMPS

Whether your child likes to kick, throw, cast, balance, climb, swing or spike - we've got you covered! Our sports camps offer specialized training in a day camp setting that is designed to teach sports skills, fair play, teamwork and sportsmanship while reinforcing the values of caring, honesty, respect, and responsibility. Our specialty camps provide kids with a variety of imaginative activities that make sure they have fun while making new friends, building self-confidence and discovering the world around them. Our carefully selected counselors work with campers on skill building in arts and crafts, gaming, cooking and more.

WHAT PARENTS NEED TO KNOW

HALF-DAY CAMP HOURS

AM CAMPS: 9:00 AM - 11:30 AM

PM CAMPS: 12:30 PM - 3:00 PM

COST

See bottom of each table for pricing information.

PAYMENT INFORMATION

A \$30 **non-refundable/transferable** deposit is due at the time of camp and field trip registration. The remaining balance must be paid in full the **Wednesday** prior to camp start date. Payments may be scheduled for **AUTOMATIC DEDUCTION** upon request.

LATE FEES

Late registration may be processed up to 5:00 PM the Friday before the camp start date. Additional fee \$30.

CANCELLATIONS/REFUNDS

Cancellations may be made 7 days before the camp start date. **DEPOSITS ARE NON-REFUNDABLE/TRANSFERABLE.**

HEALTH FORMS

When you register for camp, you will receive an email from CampDoc.com with information about how to complete your camper's health information. **Health forms must be submitted or updated annually in order for your child's camp enrollment to be complete.** Health forms must be submitted the Wednesday prior to the camp start date.

WHAT TO BRING

Campers should bring a healthy snack and water bottle every day!



IF A HALF DAY IS NOT ENOUGH...

We offer children ages 4-13 the option of joining our traditional full day camps for the rest of the day at a special rate. Just add \$85 (\$95 for NONMEMBERS) to the price of any half-day camp.

For children ages 3-12, we also offer additional hours of child care before or after our half-day camps through our licensed childcare program.

See page 6 in this program guide for pricing information.

LEARNING TREE CAMPS AGES 2 - 3

DANIEL TIGER & FRIENDS

Join Daniel Tiger, Katerina Kitty cat, O the Owl and friends in songs, games, and crafts. Together we will learn to be a good friend, take turns, and have fun!

ARTS OF ALL SORTS

It's time to draw, paint, collage, and create! We will use our fingers, toes, and imaginations to create mini masterpieces! Creativity and fun are waiting for you!

UNICORNS AND FAIRIES

Dust off your fairy wings and join us for a magical adventure. This camp will be filled with sparkle, glitter, and fun!

UNDER THE SEA *No camp July 4th

Explore the ocean in search of adventure and fun! This camp will be filled with deep sea crafts, games, and fun!

JURASSIC JOURNEY

Join us for a fun filled week where dinosaurs come back to life! We will unearth dinosaur bones, study tracks, and move and groove to dino dances all while having fun!

A BUG'S LIFE

Caterpillars, ladybugs, and fireflies oh my! Discover the great big world of bugs and everything that goes buzz! We will have fun learning about bugs that creep, crawl, and fly!

MINI SCIENTISTS

Send your little scientist on a super-sized sensory journey! We will find out what sinks and what floats, what fizzes and pops, and so much more!

SUPERHEROS TO THE RESCUE

Up, up, and away! Calling local caped crusaders to perfect their powers, battle evil villains, and save the world! Make your very own superhero cape and shield and become invincible!

THE BACKYARD BARNYARD

What can be more fun than the farm! Learn all about cows that go "moo", pigs that go "oink", and roosters that go "cock-a-doodle-doo"!

BUBBLES, BALLS, & BALLOONS

Welcome to a bouncing, popping, exciting good time! Whether you blow it up, kick it, or chase it you'll have fun and learn a few tricks with these summer favorites.

ALL CAMPS 9:00 AM - 11:30 AM MEMBERS: \$65 NONMEMBERS: \$80 NO POTTY TRAINING REQUIRED



	JUN 11-15	JUN 18-22	JUN 25-29	JUL 2-6	JUL 9-13	JUL 16-20	JUL 23-27	JUL 30-AUG 3	AUG 6-10	AUG 13-17
DANIEL TIGER & FRIENDS	M/W/F									
ARTS OF ALL SORTS		M/W/F								
UNICORNS AND FAIRIES			M/W/F							
UNDER THE SEA *No camp July 4th				M/F*						
JURASSIC JOURNEY					M/W/F					
A BUG'S LIFE						M/W/F				
MINI SCIENTISTS							M/W/F			
SUPERHEROS TO THE RESCUE								M/W/F		
THE BACKYARD BARNYARD									M/W/F	
BUBBLES, BALLS, & BALLOONS										M/W/F

SPORT & SPECIALTY CAMPS AGES 2 - 3

	JUN 11-15	JUN 18-22	JUN 25-29	JUL 2-6	JUL 9-13	JUL 16-20	JUL 23-27	JUL 30-AUG 3	AUG 6-10	AUG 13-17	AUG 20-24	AUG 27-31
GYMNASTICS CAMP Tiny Tumblers will climb, crawl, jump, and roll through stations on bars, beam, floor, and vault. This camp is a FUN introduction to preschool gymnastics and movement education.	T/TH				T/TH		T/TH			T/TH		T/TH
PRINCESS DANCE CAMP Come twirl like a royal princess at dance camp! Dancers will twirl, jump, tumble and pointe their way to a love for dance! A positive introduction to dance will be explored in a non-competitive environment. Basic ballet and creative movement will be taught!		T/TH				T/TH			T/TH			
ANIMAL EXPLORERS If your little one just loves animals, then this is the perfect camp for them. We will meet the animals at the zoo, head under the sea, visit the jungle bunch and go down to the barnyard. Large motor activities, creative movement, music, kiddie yoga, crafts and more will be used to meet all these furry, feathered and scaly friends!			T/TH			T/TH					T/TH	
LITTLE NINJAS The YMCA has ninja camps your little one will FLIP for! Ninja's will run, jump, roll and flip through obstacle courses and challenges. Test your ability to climb the rock wall, walk the slack line, swing on the rope and flip over the mats in our Ninja room!		T/TH			T/TH				T/TH		T/TH	
SPORTS GALORE When kids play sports, they get more than just exercise they are physically healthier, have higher self-esteem and a healthier body image. Our sports camps emphasize healthy competition, teamwork and individual development, but most of all FUN! Sports Galore is a combination of many different sports including basketball, soccer, baseball, football, volleyball, hockey, gymnastics and non-traditional sports too!	T/TH		T/TH				T/TH			T/TH		

ALL CAMPS 9:30 AM - 11:00 AM MEMBERS: \$30 NONMEMBERS: \$40 NO POTTY TRAINING REQUIRED

MINI ONE-DAY CAMPS AGES 3-5

NEW!

PIRATE ADVENTURE

Ahoy Mates! Join us on an adventure to Pirate Island where we will participate in many fun pirate theme adventures!

10:00 AM - 12:00 PM JUN 13, JUL 9, AUG 10
2:00 PM - 4:00 PM JUN 26, AUG 23

ROYAL PRINCESS PARTY

Get ready for ROYAL treatment! Join us for story-telling, sing-alongs, crafts, games & activities including a Royal Tea Party!

10:00 AM - 12:00 PM JUN 15, JUL 11, AUG 20
2:00 PM - 4:00 PM JUN 25, JUL 26, AUG 14

SUPER HERO

Calling all Super Hero's! Join us as we fly, jump and soar through super hero adventures!

10:00 AM - 12:00 PM JUN 18, JUL 20, AUG 8
2:00 PM - 4:00 PM JUN 28, JUL 24, AUG 16

MINI MOVERS

For your little bundles of energy, this mini-camp is guaranteed to keep them on the move! We will explore fun and creative dances along with large motor activities with props, obstacle courses, and so much more.

10:00 AM - 12:00 PM JUN 22, JUL 18, AUG 13
2:00 PM - 4:00 PM JUN 12, AUG 21

MEMBERS: \$20 NONMEMBERS: \$30
MUST BE FULLY POTTY TRAINED



LEARNING TREE CAMPS AGES 3-5

	JUN 11-15	JUN 18-22	JUN 25-29	JUL 2-6	JUL 9-13	JUL 16-20	JUL 23-27	JUL 30-AUG 3	AUG 6-10	AUG 13-17
CREATURES OF THE DEEP Face your fears and join us for a captivating week full of the ocean's most feared creatures. Learn about sharks, giant squid, stingrays, and much more!	M-F									
SLIME & GRIME This camp will combine science, imagination, and fun! Your little scientist will explore all things sticky, ooey, and fascinating! Lots of crazy experiments will be packed into this week.		M-F								
PRESCHOOL PICASSOS Unleash your inner Picasso and come explore the wonderful world of art! We will get our hands messy and explore a variety of materials and mediums and create many marvelous masterpieces!			M-F							
SURF AND TURF *No camp July 4th Lace up your sneakers, put on your game face and get ready for fun! Campers will enjoy various indoor and outdoor water and ground sports activities. Bring swimsuit, towel, and sunscreen this week.				M-F*						
TOP CHEF COOKING CAMP Get ready for some gourmet fun as we explore the culinary arts. Each day we will prepare a different and delicious dish. The week will include a special trip to the Farmer's Market for a savory scavenger hunt!					M-F					
SECRET AGENT CAMP Learn how to read secret code, dust for fingerprints, look for clues, and make a secret agent badge. Become a secret agent this week and create your very own spy gear!						M-F				
ANIMAL KINGDOM We will learn about the animal kingdom through fun games and crafts. If you are an animal lover, this is the camp for you!							M-F			
FAIRY TALE FUN You are invited to join us for a magical week with beautiful princesses, brave knights and not-so-fierce dragons! At the end of the week we'll even have a Fairy Tale Ball.								M-F		
BIG TRUCKS CAMP Vroom, vroom! Get your motors running for some big truck fun! Explore the world of dump trucks, diggers, and big rigs in this revved up camp. Many special rigs will visit this week!									M-F	
GROWING GARDENERS Do you have a green thumb? If not, don't worry! By the end of this week we'll all know how to plant seeds, water them and help them grow into beautiful plants. We'll even work in the YMCA garden and learn where vegetables come from.										M-F

ALL CAMPS 9:00 AM - 11:30 AM MEMBERS: \$90 NONMEMBERS: \$100 MUST BE FULLY POTTY TRAINED



SPORT & SPECIALTY CAMPS AGES 3-5

	JUN 11-15	JUN 18-22	JUN 25-29	JUL 2-6	JUL 9-13	JUL 16-20	JUL 23-27	JUL 30-AUG 3	AUG 6-10	AUG 13-17	AUG 20-24	AUG 27-31
GYMNASTICS (CO-ED) Basic gymnastics will be explored through all areas of the gym. Skills will be taught on vault, bars, beam, floor and tumble track. This is a FUN introduction to preschool gymnastics and movement education!	M-F		M-F		M-F		M-F		M-F		M-F	
PRINCESS DANCE CAMP Come twirl like a royal princess at dance camp! Dancers will twirl, jump, tumble and pointe their way to a love for dance! A positive introduction to dance will be explored in a non-competitive environment. Basic ballet and creative movement will be taught!		M-F				M-F						M-F
DANCE/CHEER/GYMNASTICS Tumble, Dance & Cheer your week away! Allow your child to sample dance, cheer and gymnastics in this week long camp to discover where their interest might be.			M-F							M-F		
SPORTS GALORE When kids play sports, they get more than just exercise they are physically healthier, have higher self-esteem and a healthier body image. Our sports camps emphasize healthy competition, teamwork and individual development, but most of all FUN! Sports Galore is a combination of many different sports including basketball, soccer, baseball, football, volleyball, hockey, gymnastics and non-traditional sports too!		M-F			M-F		M-F		M-F		M-F	
NINJA CAMP (CO-ED) The YMCA has ninja camps your little one will FLIP for! Ninja's will run, jump, roll and flip through obstacle courses and challenges. Test your ability to climb the rock wall, walk the slack line, swing on the rope and flip over the mats in our Ninja room!	M-F		M-F			M-F				M-F		

ALL CAMPS 9:00 AM - 11:30 AM MEMBERS: \$90 NONMEMBERS: \$100 MUST BE FULLY POTTY TRAINED

MINI ONE-DAY CAMPS 6-8 YEAR OLDS

PASS, KICK, SCORE!

Join us as we learn the basics of these two sports favorites Football & Soccer!

2:00 PM - 4:00 PM
JUN 20, JUL 17, AUG 9

ROCK CLIMBING

Reach for the peak on your way to developing skills in knot tying, bouldering and top rope climbing on our indoor rock wall. Learn to overcome fear, accept responsibility, and practice decision making. It's a combination of life skills and adventure!

2:00 PM - 4:00 PM
JUN 19, JUN 27, JUL 16, JUL 25, AUG 7, AUG 20

JUMP ROPE

Your child will have a blast jumping. Some skills that will be worked on are using the long rope, short rope, double dutch, jumping in and out, twirling, and jumping rhymes.

2:00 PM - 4:00 PM
JUN 14, JUL 23, AUG 22

HOOP IT UP

If you like basketball, then you will love HOOP IT UP! Whether you are a beginner or advanced player, the drills taught at this mini-camp will help you improve your game.

2:00 PM - 4:00 PM
JUN 13, JUL 16, AUG 16

6-10 YEAR OLDS

GIRLS, GLITZ, AND GLITTER

Is glamour your thing? Join us for some girly fun making hair accessories, glitter jewelry, paint nails and much more! Join us as we pamper and primp as all girls should.

10:00 AM - 12:00 PM JUN 25, JUL 27, AUG 17
2:00 PM - 4:00 PM JUN 19, JUL 12, AUG 15

INVENTORS WORKSHOP

Campers will build, design, experiment, and invent in this mini-camp filled with creativity, and tons of hands-on fun!

10:00 AM - 12:00 PM JUN 20, JUL 25, AUG 24
2:00 PM - 4:00 PM JUN 25, JUL 10, AUG 14

MEMBERS: \$20 NONMEMBERS: \$30

NEW!

SPORT & SPECIALTY CAMPS AGES 6-8

	JUN 11-15	JUN 18-22	JUN 25-29	JUL 2-6	JUL 9-13	JUL 16-20	JUL 23-27	JUL 30-AUG 3	AUG 6-10	AUG 13-17	AUG 20-24	AUG 27-31
GYMNASTICS The Y has Gymnastics camps your kids will FLIP for! Skills will be taught on vault, bars, beam, floor and trampoline.												
	GIRLS	M-F		M-F		M-F		M-F		M-F		M-F
	BOYS		M-F			M-F				M-F		
NINJA CAMP The YMCA has ninja camps your kids will FLIP for! Ninja's will run, jump, roll and flip through obstacle courses and challenges. Test your ability to climb the rock wall, walk the slack line, swing on the rope and flip over the mats in our Ninja room!												
	CO-ED			M-F		M-F						M-F
	GIRLS		M-F								M-F	
	BOYS	M-F				M-F		M-F		M-F		
DANCE / CHEER / GYMNASTICS We love camp! Yes, we do! We love camp! How 'bout you? Come join us for a week packed with dancing, cheering and gymnastics! Campers will learn dances, cheers, stunts, jumps, tumbling and gymnastics skills on the bars, beam, floor and vault!												
		M-F									M-F	
DANCENASTICS Get ready to dance and tumble in this combo class. Campers will twist and twirl with the dances they learn. Skills on the bars, beam, floor & vault will also be taught.												
						M-F						M-F
CHEER & TUMBLE CAMP We've got spirit, yes we do! We've got spirit, how 'bout you? Campers will learn the fundamentals of cheering with chants, dance, tumbling and group formations.												
SPORTS GALORE When kids play sports, they get more than just exercise they are physically healthier, have higher self-esteem and a healthier body image. Our sports camps emphasize healthy competition, teamwork and individual development, but most of all FUN! Sports Galore is a combination of many different sports including basketball, soccer, baseball, football, volleyball, hockey, gymnastics and non-traditional sports such as Gaga Pit, Squirrel tag, four square and many more too!												
		M-F				M-F		M-F		M-F		M-F
SPY KIDS Get ready for a harrowing spy adventure! Super sleuths in training follow clues and connect the dots before it's too late. Create your own spy kit, participate in scavenger hunts and work together to solve mysteries to keep trouble away from camp!												
		M-F				M-F		M-F		M-F		M-F
FISHING Think you can catch the biggest fish? Campers will learn about fishing techniques, knot tying and tackle. No experience necessary. OWN FISHING POLE HIGHLY RECOMMENDED! Limited poles available.												
						M-F		M-F		M-F		

ALL CAMPS 9:00 AM - 11:30 AM MEMBERS: \$90 NONMEMBERS: \$100



ALL DAY GIRLS GYMNASTICS CAMP AGES 5-13

Do you love gymnastics and dream of doing it all day? Here is your chance! Come join us for a week filled with fun team building activities, games and of course lots of gymnastics! We will strengthen old skills and of course learn new skills on each event.

SIX WEEKS TO CHOOSE FROM:
JUN 11-15, JUN 25-29, JUL 9-13, JUL 23-27, AUG 6-10, AUG 20-24

9:00 AM - 4:00 PM *

*EXTENDED CARE NOT AVAILABLE FOR THIS CAMP
BRING SACK LUNCH AND AM/PM HEALTHY SNACK

MEMBERS: \$130 NONMEMBERS: \$150

SPORT & SPECIALTY CAMPS AGES 9-13

		JUN 11-15	JUN 18-22	JUN 25-29	JUL 2-6	JUL 9-13	JUL 16-20	JUL 23-27	JUL 30-AUG 3	AUG 6-10	AUG 13-17	AUG 20-24	AUG 27-31
GYMNASTICS The Y has Gymnastics camps your kids will FLIP for! Skills will be taught on vault, bars, beam, floor and trampoline.	GIRLS	M-F		M-F		M-F		M-F		M-F		M-F	
	BOYS		M-F				M-F				M-F		
NINJA CAMP The YMCA has ninja camps your kids will FLIP for! Ninja's will run, jump, roll and flip through obstacle courses and challenges. Test your ability to climb the rock wall, walk the slack line, swing on the rope and flip over the mats in our Ninja room!	CO-ED			M-F			M-F						M-F
	GIRLS		M-F									M-F	
	BOYS	M-F				M-F		M-F		M-F			
CHEER & TUMBLE CAMP We've got spirit, yes we do! We've got spirit, how 'bout you? Campers will learn the fundamentals of cheering with chants, dance, tumbling and group formations.			M-F				M-F						
SPORTS GALORE When kids play sports, they get more than just exercise they are physically healthier, have higher self-esteem and a healthier body image. Our sports camps emphasize healthy competition, teamwork and individual development, but most of all FUN! Sports Galore is a combination of many different sports including basketball, soccer, baseball, football, volleyball, hockey, gymnastics and non-traditional sports such as Gaga Pit, Squirrel tag, four square and many more too!			M-F				M-F					M-F	
FISHING Think you can catch the biggest fish? Campers will learn about fishing techniques, knot tying and tackle. No experience necessary. OWN FISHING POLE HIGHLY RECOMMENDED! Limited poles available.			M-F			M-F	M-F						

ALL CAMPS 9:00 AM - 11:30 AM MEMBERS: \$90 NONMEMBERS: \$100



NEW!

MINI ONE-DAY CAMPS 9-13 YEAR OLDS

ROCK CLIMBING

Reach for the peak on your way to developing skills in knot tying, bouldering and top rope climbing on our indoor rock wall. Learn to overcome fear, accept responsibility, and practice decision making. It's a combination of life skills and adventure!

2:00 PM - 4:00 PM JUN 15, JUL 19, AUG 15

JUMP ROPE

Your child will have a blast jumping. Some skills that will be worked on are using the long rope, short rope, double dutch, jumping in and out, twirling, and jumping rhymes.

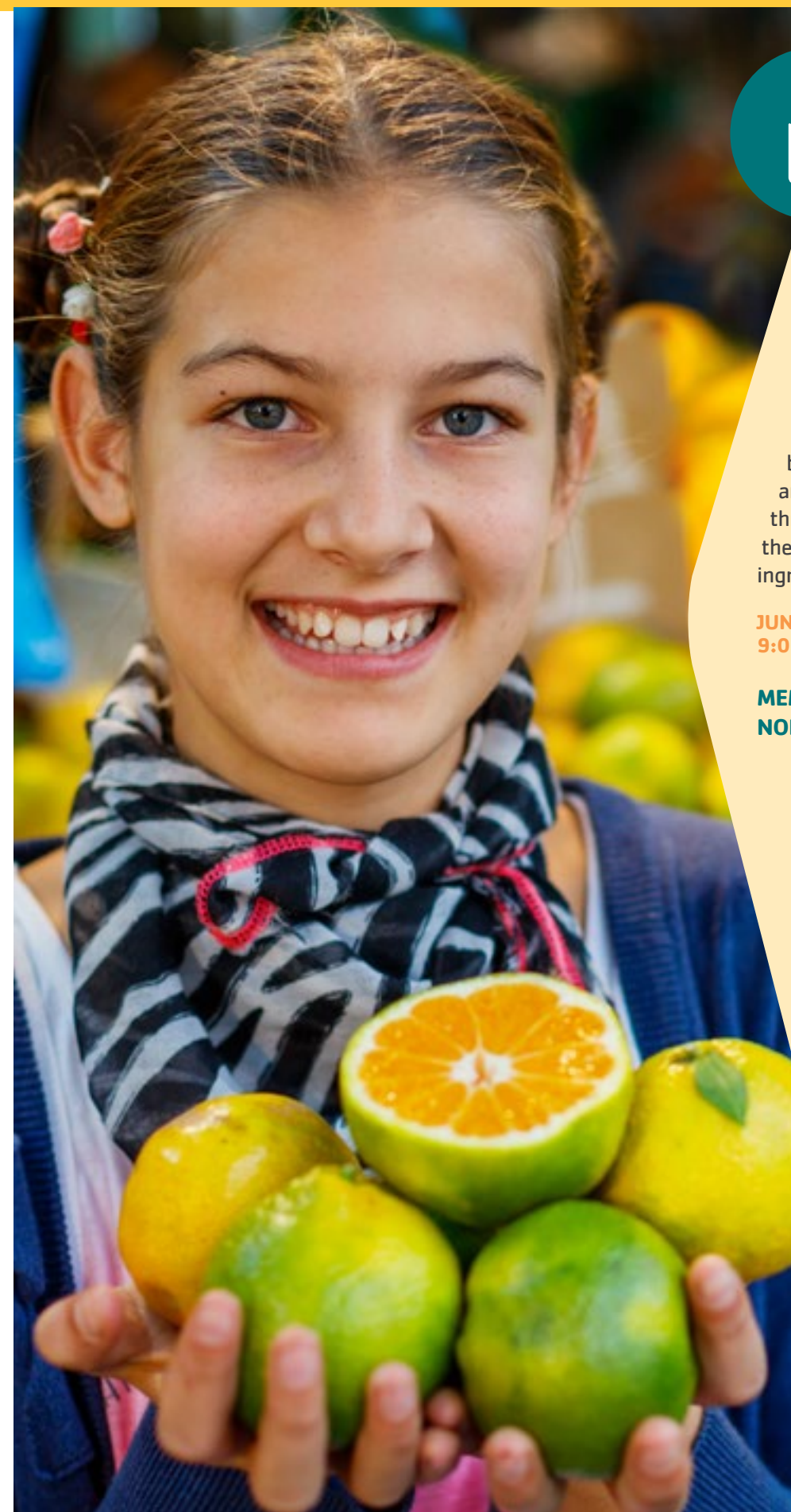
2:00 PM - 4:00 PM JUN 18, JUL 18, AUG 23

HOOP IT UP

If you like basketball, then you will love HOOP IT UP! Whether you are a beginner or advanced player, the drills taught at this mini-camp will help you improve your game.

2:00 PM - 4:00 PM JUN 26, JUL 26, AUG 13

MEMBERS: \$20 NONMEMBERS: \$30



STRONGirls CAMP 11-13 YEAR OLD GIRLS

Our registered dietitian and fitness staff will lead this empowering, healthy living camp for girls. Participants will engage in self-esteem building activities, learn healthy cooking skills, and participate in various fitness activities throughout the week. Camp will include a walk to the Grand Haven Farmers Market to purchase ingredients to make a healthy lunch.

**JUN 18-22, AUG 13-17
9:00 AM - 12:00 PM**

**MEMBERS: \$100
NONMEMBERS: \$110**



**SUMMER FUN
IS HAPPENING AT THE Y.
REGISTRATION BEGINS
APRIL 2 FOR MEMBERS,
AND APRIL 4 FOR
NON MEMBERS.**



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Nationwide Membership
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WHAT YOU NEED TO KNOW

- Nationwide Membership enables Y members to visit any participating YMCA in the U.S.
- Valid for active, full facility YMCA members
- Nationwide member visitors must use their home Y at least 50% of the time

To find a Y in another location, go to www.ymca.net.

WWW.TCFYMCA.ORG